

to YOLK OR not to YOLK

from DAN'S
HAND



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Most people think that the egg yolk is the worst part of the egg; as a result, egg white and egg substitutes have made their way into our culture as a “healthy” option for eating eggs. The fact is, the YOLK IS THE HEALTHIEST PART OF THE EGG!

Eating egg whites without the yolk is like Florida without oranges — you’re throwing out the most nutrient dense, antioxidant-rich, vitamin and mineral loaded portion of the egg. The yolk is rich in B-vitamins — thiamin, B6, folate, B12, and pantothenic acid to start. There is choline, lutein, iron, phosphorus, zinc and many other trace minerals.

On top of all of that, the yolks contain ALL of the fat soluble vitamins A, D, E, and K, as well as the healthy Omega-3 and other essential fatty acids (EFAs).

Guess what?

Egg whites are almost devoid of nutrition compared to the yolks. Even the protein in egg whites isn’t as powerful without the yolks to balance out the amino acid profile and make the protein more bio-available, which means your body can absorb it more easily.

Too Much Cholesterol?

Not true. When you eat a food that contains a high amount of dietary cholesterol such as eggs, your body down-regulates its internal production of cholesterol to balance things out. In other words, if you don’t eat enough cholesterol, your body simply produces more since cholesterol has dozens of important vital functions in the body. That’s right, your body needs cholesterol!

Whole eggs actually raise your HDL (good) cholesterol to a higher degree than LDL cholesterol, thereby improving your overall cholesterol ratio and blood chemistry. High cholesterol is NOT a disease! High cholesterol can lead to heart disease, but on its own, high cholesterol is not a disease. Cholesterol is actually a VERY important substance in your body and has vitally important functions. If you want to lower your risk of heart disease, balance your homocysteine and folate levels through a balanced whole foods diet.

Remember, the yolk contains the antioxidant lutein and a lot of it, as well as other antioxidants. These babies help protect you from inflammation within your body, giving yet another reason why the yolks are actually good for you.

To back this up, a recent University of Connecticut study showed that a control group of men who ate 3 eggs per day for 12 weeks while on a reduced carbohydrate and higher fat diet increased their HDL (good) cholesterol by 20%, while their LDL (bad) cholesterol stayed the same during the study. However, the group that ate egg substitutes (egg whites) saw no change in either, but most importantly, did not see the improvement in good cholesterol that the whole egg eaters did.

Okay, what about the extra FAT?

No worries! Here’s why: even though egg yolks contain more calories than just eating the egg whites, the yolks have such a high micro-nutrient density in those calories that it increases your overall nutrient density per calorie you consume. Essentially, what this does is help to regulate your appetite for the remainder of the day, so you end up eating less calories overall. In addition, the healthy fats in the egg yolks help to maintain a good level of fat-burning hormones in your body.

Overall, this means that the extra fats (healthy fats) and calories from the yolk are so nutrient-dense that they actually HELP you burn off body fat!

Commercial vs Organic

Your typical supermarket eggs coming from mass factory farming just don’t compare nutritionally with organic free-range eggs from healthy chickens that are allowed to roam freely and eat a more natural diet. Average grocery store eggs will have lower nutrient levels with a higher Omega-6 level and lower Omega-3 level. On the other hand, the cage-free organic eggs will have much higher vitamin and mineral levels and a more balanced, healthier Omega-3 to Omega-6 fatty acid ratio.

Compare them yourself! Crack open some eggs from your average grocery store and then compare to a local organic free-range egg. The eggs from the grocery store will have pale yellow yolks and thin weak shells. The healthier free-range eggs from the local farm will have thick shells and deep orange colored yolks, indicating much higher nutrition levels and carotenoids – guaranteed!

Eat well!

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